

TRANSCENDING NEGATIVITY

by Laurie A. Monroe

Negativity enters the lives of each of us at one point or another. Negativism seems to be part and parcel of the Earth-school learning process. Among the many lessons, perhaps the most important one is learning how to use negativity itself to confirm that we are truly connected with that which is much greater than our physical perceptions. We are inseparable from the whole. This synergistic, cooperative state of being is influenced by human will and divine grace.

These reflections were inspired by a recent situation in which a former employee made numerous degrading verbal and written comments about The Monroe Institute and me. That individual put those comments in a letter to many who have been TMI supporters for years. On first reading it, I was overcome with shock. How could this person, who we had trusted and considered as a friend, make such angry statements? How could that person make such accusations? What had I done to deserve such an attack? My journey became more intense and my emotions less controlled as I searched within. It became obvious that I was playing out the “victim” role. I knew that the personal meaning of the situation had to be processed in order to move beyond it.

Then, while driving in my car I listened to one of Caroline Myss’s tapes from *Advanced Energy Anatomy*. She talked about betrayal and offered the following advice: “You might experience betrayal in the following of Guidance, and it may sometimes be that an act of betrayal is the exact act that gets you on your way. When you feel that life has betrayed you, or someone has, it is in your best interest to step back and get as impersonal about that situation as possible and put that very painful experience within a spiritual context and say ‘What am I supposed to get out of this?’ Then just keep going, don’t look back. Whatever you do, don’t anchor your spirit in this experience.”

Rationally, I knew that what she said was true, yet it was difficult to immediately move through and beyond my swirling emotions. The words “...just keep going” and “...don’t anchor your spirit in this experience” kept ringing in my mind. How do we move out of the victim role and beyond ego to surrender to our true spiritual path? How do we stay aligned with our spiritual vision?

Once I began to get a perspective on the ego-driven motivations behind the betrayal, I was able to open my awareness to much more expansive possibilities. I understood personally and in greater depth, the many ways that the shadow within all of us can express itself. I also grasped the importance of being objective and listening to guidance. The results have been transformative for me. I am converting the negative energy into a positive direction and using it

to renew my trust in the process. By letting go of ego desires, my learning can occur through the wisdom of the higher frequencies of spirit, rather than through fear and doubt. In transcending fear, I am able to integrate and transmute the experience. Acting from a place of love, forgiveness*, clarity, and compassion also allows those around me to align with the forces that will bring us into harmony.

When seeming negativity manifests in our lives, it is always an opportunity to look within. Whether we are consciously aware of it or not, every action is co-creative and each thought is a co-creative mechanism. By detaching from the personal aspects of an incident, we become able to adopt a spiritual perspective. Doing this may take all of the available support and help of your closest friends, as well as profound trust in your own guidance. Guidance will not tell you “why” and it will not tell you the outcome. It will only show you the appropriate path. It is up to you to take it. Truly surrendering to where I am in the moment was a major part of this for me. I realized that negativity blocks progress. Individuals who are not aligned with integrity and truth and do not feel accountable for their actions will pursue their desires without regard for others. With this knowledge in mind, I turned to my guides and asked for their protection, healing, and assistance. If you are looking for answers or striving to increase your spiritual understanding in life, always remember to call upon the higher power deep within your innermost heart. This may be described in many ways. I refer to it as calling on my angels. When you find yourself dealing with people operating on a lower level of consciousness, send them love and light or ask those powers in the inner realms to assist you in transmitting that energy. However you conceive of this process, I assure you that it is real. If you trust, it will work for you.

Perhaps the most important lesson I have gleaned from this episode is to maintain my own enthusiasm for life and for the work we do at TMI. The loyalty and commitment of the employees within our organization has been evident through their actions. Also, many of you out there have written to express your support and love. Your dedication and loyalty are pillars of strength, and I appreciate each one of you. Let us continue to be one with spirit and aligned with our purpose and vision of raising the consciousness on our planet to a more productive and loving state of being. In times of personal, national, or global crisis, it is challenging to stay centered and focus positive intention. The following prayer shared by a personal friend who is also a Unity minister may help. “Loving Spirit, bless (insert name) in whatever it is that You know he/she may be needing this day! Fill (insert name)’s life full of your peace, prosperity, wholeness, and power, as he/she continues to have a conscious relationship with You. Thank You, Spirit. And so it is. Amen.”

** An August 31 article by Marilyn Elias in USA Today suggests, “Learning to forgive can benefit the forgiver.” Evidence from a program developed by Stanford University psychologist Carl Thoresen indicates that “... giving up the right to be aggravated and angry, and the desire to strike back” has profound health benefits for the person doing the forgiving. By relaxing rigid*

rules for others' personal behavior, looking at painful incidents from the other person's viewpoint, and moving from blame to acceptance and then forward into the future, those who forgive see "stress, anger, and psychosomatic symptoms—headaches, stomach upsets, etc.—go way down."

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